

FREE CLASS!

DEEP-CORE STRENGTH:

Wednesdays from 12:15 - 12:45pm
April 24 - June 19

LifeMARK
SPORT MEDICINE



Instructed by Lifemark's Dr. Derek Vinge

This free 30 minute class will bring an intense core workout during your lunch-break! Increasing the strength and endurance of deep core muscles has been proven in research to prevent low-back pain. Taught through a series of specific low-impact exercises, this program is designed to target the key abdominal stabilizing muscles to help you prevent injury and build those wash-board abdominals.

Register now



online: piseworld.com by phone: 250.220.2510 at the front desk